

FAQ for the U9 Hockey Season

What does the overall structure/season look like?

- Conditioning will start after Labour Day - minimum of 4 conditioning sessions
- Minimum 3 evaluation/tryout sessions (skills and game play will be evaluated)
- League games may end as early as the first weekend in March, but you will have practice ice times until the end of March.

Game Format

- Games are played 4-on-4 with a dressed goalie.
- Each player will be on the ice for 90 seconds. A buzzer will indicate when to change. There are no regular stoppages in play.
- The clock runs continuously for 2 x 23 minute periods.
- Score is not kept as U9 is for development.
- Maximum 40 games in the season (this includes regular season games, exhibition games, and tournaments/jamborees)
- League play will not exceed 20 games
- Teams may participate in a maximum of 3 tournaments/jamborees. Tournaments are not mandatory, and can be discussed as a group/team.

Will we have to travel for games?

- Yes. APMHA has 2 home arena's, you will have home games and practices in either Almonte or Pakenham. APMHA is part of District 4 and you will have to travel as far as Osgoode for your away games. Other arena's include: Carleton Place, Perth, Lanark, Richmond, Sittsville, West Carleton.

Are the ice times consistent each week?

- No! U7 is the only age when ice times fall on the same days each week. As of U9 you could have practices and games any day of the week. Be prepared to have games through the week starting at 7pm. You could have 3-4 ice times per week.

What are team fees?

- Team fees are set up after the team is made. Coaches and managers will look for tournaments and will set up team fees based on tournament costs. Team fees can also be used to purchase year end coach and player gifts and to do fun team building activities throughout the season (Icelynd, year end party, etc.). Teams are usually asked to run different fundraisers to keep the out of pocket amount lower. Team fee amount per player may not exceed \$250 (this amount is over and above the registration fee).

Are there other expenses to know about?

- You will be asked to purchase game socks. They are \$50 for a set - you MUST purchase through the APMHA clubwear rep.
- You may also choose to purchase a set of name bars. These are roughly \$25 for the set and you will keep them year after year.

- If your team chooses to travel to “away” tournaments, you will also have hotel and travel costs.

Will my child be on the same team as his/her friend?

- All teams are made based on the results of the players’ evaluation sessions. Friends don’t always have the same skill level, therefore are not always placed on the same team.

Do we have to show up to each game and practice?

- Unless you are ill, you should make every effort to attend all scheduled practices and games. The coaches work hard to make practice plans based on the number of players they have. Remember that your child is part of a team and therefore has a responsibility towards it. Excessive absences for practices and/or games will negatively affect the play on your child’s team. Therefore, every effort should be made to ensure that your child is present for a full season’s worth of practices and games.

What happens when the roads are bad and we have a game?

- Coaches and Managers will speak to the league statistician before rescheduling any game due to inclement weather.

Do the players have a set playing position?

- Typically, there are no set positions in U9 hockey. Skaters and goalies rotate throughout the year. (The association provides goalie pads at this level)
 - However; in our association, along with many other associations in our district we treat our A team as a “Tier 1” type team...
 - Meaning; If there is a goalie who played most of the time in their first year of U9, they will get the chance to try out as a goalie for the “A” team during their second year of U9. If there is no interested full time goalie, or for B and C teams, parents and players will be asked once the team is made who is interested in being the goalie for games and will rotate through the list.

For more information about U9 please use the link below.

http://www.hockyeasternontario.ca/docs/HEO_U9_Policy.pdf